

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these Challenges for 2013! Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips!

Keep your immune system in

Challenge

tact Month! Flu season has started now, and it is imperative that people get their flu shots to avoid getting

October

themselves sick and the people around them. Have your goals changed? Remember to Contact the FSS

Steps to Prevent the Flu

program today to update your contract!

1. Drink Vitamin C

It is important to consume Vitamin C because it can help pro-

tect cells from free radical damage, lower your risk of cancer,

and improve your iron absorption. It also helps build your im-

2. Get the Flu Shot

tomatoes.

It is recommended to get vaccinated around this time of the year. Due to the change of weather, many people are more prone to catch the flu. The virus thrives in a dry environment, which is why many people tend to get sick during the fall/winter. The shot inserts the vaccine into your arm, and most people acquire the virus within a week, depending on your immune system. And some people do not even get sick. If you are exposed to people with the virus, it likely that you will not catch the flu because your system is now immune to it. However, if you think that you are getting sick, it is best to stay home and get rest. 3. Dress weather appropriate



night. Thus, it is important to dress warm

for the cold weather. Also, protecting your feet is essential to keeping your whole body warm. Prepare yourself for unexpected weather changes, such as rain, or wind by wearing a jacket or long sleeved shirts.

Now that fall has arrived, the weather may

start getting colder in the morning and at

4. Take Vitamins Often times people do not consume the suggested amount of nutrients each day through their daily diets whether it be

5. Practice good health habits

Overall, practicing good health habits can improve your overall life far-reaching. Researchers have found that taking precocious health regimes like controlling weight, exercising, eating healthy,

OTHER COMMUNITY CLINICS OR HEALTH CARE PROVIDER

CVS

RITE AID

Resources to help you get educated on eating healthy:

Resources

3. http://nutritiondata.self.com/

1. www.choosemyplate.org

gluten free items and organic veggies and fruit, which makes them unique and healthier. Some grocery stores even have the feel of an old-fashioned farmers market. Their stores have friendly staff and consists of fresh fruits and vegetables, whole grains, nuts &

Gardening Classes A fun activity to do while you are with your family is to garden. This is a great opportuni-

ty to bond with your family while enjoying the sun. You can plant different vegetables and fruits, and can be a great alternative to a store. Below are some locations that offer

5348 University Ave, San Diego 92105 Contact: Anchi Mei, (619) 641-7510

free gardening classes:

(City Heights)

(National City)

International Rescue Committee

exotic cheeses, and all sorts of bread.

Solana Center (Encinitas) 137 N El Camino Real, Encinitas 92024 **Olivewood Gardens and Learning Center** Contact: Elizabeth,

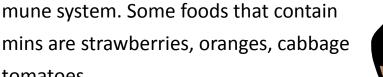
determination, and dedication. Remember all things are possible to those who believe"

For information on all of the County of San Diego Department of Housing and Community Development's programs and activities, like us on

San Diego Youth Services (Spring Valley) 3845 Spring Dr, Spring Valley 91977

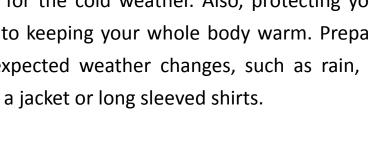
Contact Steven Jellá, (619) 221-8600 x229

requires faith and believe yourself, vision, hard work,



Vita-

&



because of picky eaters, poor diets or people with a low calorie diet. This is why it is good to take vitamins to help makeup for nutrional slack.

Places that offer Flu Shots

2. http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes

Healthier Food Options

There are several stores where people can shop to find healthier food and with most of them they never use high fructose corn syrup, or added trans fat, artificial colors in any of their products. Also, many stores have ready to eat food and have a large section of

sweets, and even vitamins! They also have a full serviced deli where they serve meat,

elizabeth@solanacenter.org, (760) 436-2525 N Ave, National City 91950 7986 ex 2256949 Contact: Michelle Cox, (858) 204-6949 "Keep your dreams alive, Understand to achieve anything

